

NEWINGTON PARKS AND RECREATION

Building A Strong Community

Spring 2017



SAVE THE DATE:

2nd Annual Motorcycle Madness
Thursday, May 18th, 2017
Mill Pond Park, Newington
For more information see page 5

Youth, Adult & Senior Programs * Preschool * Special Events * Fitness Classes * Aquatics



Adult Programs



Touch a Truck



Youth Programs



Swim Lessons

RESIDENTS: Registration Begins March 3rd

NON-RESIDENTS: Registration Begins March 17th



SAVINGS AROUND THE CORNER

David Johnson | 860-667-0877 | 2315 Berlin Turnpike | Newington, CT

GEICO
Local Office



Newington Parks and Recreation

Building a Strong Community

131 Cedar St. Newington, CT 06111

Phone: 860-665-8666

Fax: 860-665-8739

www.NewingtonCT.gov

Activity Registration Form

PRIMARY HOUSEHOLD CONTACT INFORMATION - PLEASE FILL OUT COMPLETELY

First Name _____ Middle Initial ____ Last Name _____ Gender ____ DOB ____/____/____

Street Address _____ City _____ State ____ Zip _____

Home Phone (____) _____ Work Phone (____) _____ Extension _____

Cell Phone (____) _____ Email Address _____

Emergency Contact #1 _____ Relationship _____ Phone (____) _____

Emergency Contact #2 _____ Relationship _____ Phone (____) _____

ACTIVITY INFORMATION

One registration form can be used for more than one person in the same household.

Participant's First and Last Name	M/F	DOB	Special Medical Concerns?	Activity Code #	Program Name	Fee
			[] Yes [] No			
			[] Yes [] No			
			[] Yes [] No			
			[] Yes [] No			

*If any participant above has special medical concerns, allergies or special needs that we should be aware of, please describe: _____

Supplemental registration forms are available in our office or on our website: www.newingtonct.gov/parksandrec.

READ CAREFULLY AND SIGN BELOW

Assumption of Liability: Participation in the activity may involve risk or injury. As a parent, guardian, or participant, I am aware of these hazards and my ability to participate. I hereby agree to release, discharge and hold harmless the Town of Newington, its employees, contracted instructors, and volunteers from the liabilities which may occur while participating in the activity. I understand that participation in any recreational or sport activity involves risk. I further understand that the Town of Newington does not provide accident/medical insurance for the program participants. In addition, I give permission for the participant to be treated by qualified medical personnel in the event that the above named parent/guardian/emergency contact cannot be reached at the phone numbers provided. The Parks and Recreation Department reserves the right to photograph program participants for publicity purposes. Please be aware that these photos are for Parks and Recreation use only and may be used in future catalogs, website, social media, brochures, pamphlets, and/or flyers.

ADULT SIGNATURE: _____

DATE: _____

PAYMENT INFORMATION

Payment Type: [] Cash [] Check [] Credit Card [] Debit

Credit Card Type: [] Visa [] Mastercard [] Discover

Please note that there is a \$10 minimum for all credit card transactions.

Activity Fee Subtotal: \$ _____

"ROUND UP" For Youth Recreation

Rounding up your program fee helps provide financial assistance for those unable to afford the program fees for youth activities. + \$ _____

TOTAL AMOUNT: \$ _____

CREDIT CARD #: _____ EXP. DATE ____ / ____

General Information

Parks and Recreation Office Information

Location: 131 Cedar Street, Newington, CT 06111
Office Hours: Monday - Friday, 8:30 a.m. - 4:30 p.m.
Phone: 860-665-8666 **Program Hotline:** 860-665-8686
Fax: 860-665-8739
Website: www.newingtonct.gov/parksandrec
Facebook: www.facebook.com/newingtonparksandrecreation



Parks and Recreation Department Staff:

Bill DeMaio, Superintendent of Parks and Recreation
 Karen Gallicchio, Recreation Supervisor
 Linda Cruff, Administrative Secretary
 Lisa DeLude, Administrative Secretary
 Mike Hadvab, Parks and Grounds Supervisor

Somewhere in this program guide is an April Fools Program! The first resident to call the Parks and Recreation office and correctly identify the program will receive \$25 off any program fee!



Registration Information

- Our policy is "no news is good news". When registering by mail or fax, you will NOT be contacted unless a class is filled or there is a change. We do not send program confirmations. You will only be notified if the program you try to register for is not available.
- Registration is taken on a first-come, first-served basis. Residents may register for programs in this program guide beginning on the registration date listed on the front cover. Any registration forms received prior to the registration start date will be processed randomly at the end of the first day of registration.
- We try to accommodate all registrants, but some programs fill to capacity. Please register early if you are interested in a program.
- Some programs have a registration deadline, and we are not able to accept day of or late registrations. If accepted, day of or late registration fees are not pro-rated.
- If the participant has any medical concerns (allergies, asthma, etc.) and/or special needs that we should be aware of, please list it on the registration form and complete and submit a Supplemental Registration Form (available on our website under 'Forms').
- If a minor participant has a medical condition which requires emergency medication during a program or class, please complete the appropriate form for self-medication or medication administration authorization (inquire for details).
- Sometimes we are forced to cancel programs because of insufficient registrations or causes beyond our control. If a program is cancelled, any registered participants will be contacted and refunded.
- A minimum of \$10 is required for all credit card transactions.



Convenient Ways To Register

- **Fax-in:** Complete and sign the registration form. Include VISA, MasterCard or Discover credit card information. If you choose to register via fax, PLEASE call to confirm that your fax was received. Fax to 860-665-8739.
- **Mail-in:** Complete and sign the registration form. Include VISA, MasterCard or Discover credit card information or make checks payable to "Newington Parks & Recreation." Mail to: Newington Parks & Recreation, 131 Cedar Street, Newington, CT 06111.
- **Walk-in:** Register in our office, which is located in the Mortensen Community Center at Town Hall, 131 Cedar Street, Newington, CT. Walk-in office hours are: Monday – Friday, 8:30 a.m. - 4:30 p.m. *Drop slot may be available after hours.

Upcoming Program Guide

The Summer 2017 Program Guide will be distributed to Newington residents in the May issue of the Newington Life.

Concussion Information

Newington Parks and Recreation Department is dedicated to creating a safe environment for all participants in our programs. A fact sheet for parents containing information regarding concussions is available on our website at www.newingtonct.gov/parksandrec.

Table of Contents

Registration Form.....	2
General Info.....	3
Facility Rentals.....	4
Community Events.....	5
Aquatics.....	6-7
Preschool.....	8-9
Youth Programs.....	10-13
Teen Programs.....	13
Adult Programs.....	14
Adult Sports and Fitness.....	15
Adult Fitness.....	15-17
Adult Yoga/Pilates.....	17
Older Adult Programs.....	18-19

Non-Residents

Non-residents are eligible to register for programs beginning on the date listed on the front cover, which is generally two weeks after the date when resident registration begins. A separate fee for non-residents may apply to eligible programs. Some programs (including pool passes and others) are not available to non-residents.

Waiting List

If your desired class is filled, you will be notified and placed on a waiting list. We make every effort to accommodate those on waiting lists by adding classes when possible.

Inclusive Statement

The Newington Parks and Recreation Dept. does not discriminate on the basis of race, color, national origin, gender, religion, age, or disability in provision of programs and services. Individuals with disabilities are encouraged to register. The Newington Parks and Recreation Dept. is complying with the Americans with Disabilities Act (ADA), Public Law 101336. The law addresses issues of accessibility of facilities & programs. Provisions of reasonable program modifications will be made on a case-by-case basis to allow people with disabilities to participate in and benefit from programs. Please contact us for more information.

Refunds

Newington Parks and Recreation does not issue refunds once you have registered for a program, unless there is an injury or illness which prohibits active participation in the program and is documented by a physician. No refunds will be issued without a completed Refund Request Form accompanied by a doctor's note. The Refund Request Form is available on our website at www.newingtonct.gov/parksandrec under 'Forms'. If a refund is granted, the amount will be pro-rated to reflect the number of classes remaining from the date the Refund Request Form was submitted. Refund requests are not accepted after a program has ended. **A \$20.00 processing fee** will also be deducted from any refund issued.

Inclement Weather

Program information and cancellations due to inclement weather are available on our program hotline number (860-665-8686) which is updated when cancellations occur. When there are program cancellations due to inclement weather during the week, the hotline is generally updated by 9 a.m. for morning programs, 12 p.m. for afternoon programs and 4:30 p.m. for evening programs. Weekend update times during inclement weather may vary due to program schedules.

Facilities

A full list of Parks and Recreation facilities and their locations and amenities can be found on our website. Please see page 4 for information regarding facility rentals.

Special Thanks

Thank you to our event sponsors, business partners and advertisers who are helping us to Build a Strong Community. For the Spring 2017 season, that includes: Callahan's Bowl-O-Rama, Wave Car Wash, LLC, Haymond Law, Geico Local Office Newington, Connecticut Cruise News, West Hill Automotive, and HE-Energy Solutions, LLC. We thank you for your support!

Facility Rentals...



Field Rentals

Newington ballfields are available to rent in blocks of three hours.

- \$75 fee for a three hour rental per ballfield (with the exception of any synthetic turf field) in the Town of Newington for adult teams with at least 90% Newington residents.
- \$150 fee for a three hour rental per ballfield (with the exception of any synthetic turf field) in the Town of Newington for adult or youth teams/organizations with less than 90% Newington residents.



Mortensen Community Center Gym

The Parks and Recreation Department offers rentals of the Mortensen Community Center gymnasium throughout the fall, winter and spring seasons. Rental availability is limited due to programming demands. The fee is \$30 per hour for residents and \$60 per hour for non-residents. Reservations must be made a minimum of two weeks in advance, but for best availability we recommend as much notice as possible. If you are interested in renting the Mortensen Community Center gymnasium, please contact the Newington Parks and Recreation Department at 860-665-8666.



The Lounge (Formerly The Teen Center)

Why not rent out The Lounge for your next birthday or team party? The Lounge facility can be rented out on Saturdays or Sundays from 11:00 a.m. until 8:00 p.m. from September through May. The Lounge is located in the Mortensen Community Center and has a pool table, foosball table, ping pong table, and air hockey, with plenty of space for a piñata or refreshments. Facility rental fee is \$30 per hour for residents / \$60 per hour for non-residents. An additional \$25 security deposit is required at the time your reservation is made. Reservations must be made a minimum of two weeks in advance, but for best availability, we recommend as much notice as possible.

Limit: 30 guests.



Community Gardens

The Community Gardens are located next to the Young Farm property at 282 Church Street. Plot sizes are 20 x 20 feet, and will be roto-tilled and marked. Community Gardens are open to Newington residents only. Please visit our website at www.NewingtonCT.gov/parksandrec for rules and regulations governing the gardens. The date of planting will be dependent on soil and weather conditions, but is anticipated to be mid-spring. Water will be available; please bring your own containers. The fee for each garden plot is \$25.00. Registration is held at the Parks & Recreation Office in Town Hall.

Returning gardeners may reserve their plot any time on or before Friday, March 31, 2017.

Registration for new gardeners begins Wednesday, April 5, 2017 at 9:00 a.m. (upon availability).



Churchill Park Picnic Reservations

The Newington Parks & Recreation Department has reserved areas at Churchill Park available for rental. Reservations for summer bookings will begin **Wednesday, March 1, 2017 at 9:00 a.m.** at the Parks & Recreation office. Picnic reservations are limited to Newington residents, families, organizations and businesses on a first-come, first-served basis. Please note that we are unable to issue refunds once a picnic area is reserved. The reservation form to reserve picnic areas is available online at www.newingtonct.gov/parksandrec. Sports equipment will also be available to reserve; please see the reservation form for details.



UPPER SITE

\$35/day

Open space that can accommodate 40 people and includes tables and a grill.



LOWER PAVILION

\$60/day

Covered shelter that accommodates 60 people and includes electricity, tables and a grill.



MIDDLE PAVILION

\$90/day

Large covered shelter that can accommodate 150 people and includes electricity, tables and a grill.

Community Events...

2nd Annual Motorcycle Madness Thursday, May 18, 5:30 - 9:00 p.m. at Mill Pond Park



All motorcycles are welcome - \$5 for general admission or \$10 for contest entry, all proceeds to support the Extravaganza fireworks! Spectators are free. This event will feature live music featuring 'Savage Brothers', food trucks, beer tent, contests and of course, checking out all the different bikes! Motorcycle Madness is sponsored by Haymond Law, Geico of Newington, CT Cruise News, and West Hill Automotive. More information is available on our website www.newingtonct.gov/parksandrec.



Haymond Law

GEICO
Local Office
860-667-0877

Connecticut Cruise NEWS
The Northeast's Number One Car & Motorcycle Events Publication
www.ctcruisenews.com



Data-Mail, Inc. Summer Concert Series at Mill Pond Park

Newington Parks and Recreation Department presents the 2017 Summer Concert Series sponsored by Data-Mail, Inc. The concerts are held at the Data-Mail Inc. Pavilion at Mill Pond Park. Join us for the 25th season and bring a picnic dinner, lawn chair or blanket and enjoy the music outdoors. Concerts are held on Thursday nights from 5:00 - 8:00 p.m. with the exception of a Friday night concert on the eve of Newington's Extravaganza!

Please call our program hotline at 860-665-8686 if the weather is inclement.



2017 Concert Schedule

- | | |
|------------------------------------------------------------|-------------------------------------------------------------------------------|
| May 18 - 'Savage Brothers' (Motorcycle Madness event) | July 6 - 'Dually Noted' |
| June 1 - 'Tirebiter' | July 13 - 'Coyote River Band' |
| June 8 - 'Shaded Soul' | July 14 - 'Shaded Soul' (Kickoff to the 36 th Annual Extravaganza) |
| June 15 - 'T-Bone' & 'The Amazing Andy' (Children's Night) | July 20 - 'The Daily Planet' (ADA Celebration) |
| June 22 - 'Simply Swing' - Sponsored by Farmington Bank | July 27 - '102 nd Army Band' |
| June 29 - 'Mass-Conn-Fusion' | August 3 & 10 - Rain Dates |



Touch-a-Truck

Saturday, June 17, 10:00 a.m. - 12:00 noon in Library/Town Hall Parking Lots

Held in conjunction with the Lucy Robbins Welles Library Kickoff to Summer Reading, this is an event for the whole family! This is a hands-on event where kids young and old can touch, honk horns and climb on the vehicles we will have on display. Vehicles on display may include a Back Hoe, Fire Truck, Pay Loader, Dump Truck, Deck Mower, Police Cruiser, Medical Ambulance and more! No registration is required. This event is FREE!



36th Annual Extravaganza

Saturday, July 15 at Mill Pond Park

Save the date for the 2017 Extravaganza! Help us raise money for a louder, longer and larger fireworks show by scheduling a Home Energy Assessment with HE-Energy Solutions, LLC, who will donate \$50 to the fireworks on your behalf! For more information, please call the Parks and Recreation office at 860-665-8666 or visit us online at www.newingtonct.gov/parksandrec.



Promote YOUR Community Event on the Parks and Recreation Department's Sign Boards or Market Square Banner!

We are now accepting 2017 reservations for both community sign boards as well as the Market Square banner. The sign boards and banner are for use by Newington civic or non-profit organizations only; businesses are not eligible. Sign board reservations are available for a period of one week per event at either the Town Green or CVS location, and it is the organization's responsibility to install and remove the sign. Banner reservations are for a period of two consecutive weeks per event, and will be installed and removed by Parks and Grounds Department staff. There is no charge to make a reservation, but organizations must have their event approved, and must provide their own signs or banners. For more information or to make a reservation, please call 860-665-8666.

Aquatics...

Recreational Swimming at Newington High School

The Newington High School Pool is open for indoor recreational swimming from late September through early June. Recreational swimming is supervised by certified Red Cross lifeguards. Newington residents may pay a daily admission fee at the pool, use a Summer 2016 pool pass for the 2016-2017 indoor season, or may purchase pool passes for the indoor season at the Parks and Recreation office. Proof of residency must be shown. The fee for a household pass is \$30 and includes up to six people who permanently reside in the same Newington household. For households with more than six people, the additional fee for each person is \$5. Passes for resident individuals are \$25. Daily admission rates are listed below. Newington's aquatic facilities are open to residents, and residents may bring non-residents as their guests. Non-residents may only participate in recreational swimming as the guest of a Newington resident, and must pay the daily rate, unless participating in the tri-town swimming program (see below). Children under 13 must be accompanied by an adult.

Time: 7:00 PM - 8:45 PM
Dates: Mondays, Wednesdays & Fridays, Sept. 26, 2016 - May 26, 2017 *The pool is unavailable on all holidays and dates that the high school is closed, when school is cancelled due to inclement weather, and occasionally due to NHS swim meets. Signs will be posted at the pool with as much advance notice as possible. Call 860-665-8666 for information regarding school vacation swim times.*
Fee: **Pool Pass:** Individual: \$25 / Household: \$30 (Pool passes may only be purchased at the Parks and Recreation office)
Daily Admission Rate: \$3.00 for adults, \$2.00 for children under 18, \$2.00 for seniors (62+)

Tri-Town Swimming

The Newington, Rocky Hill, and Wethersfield Parks and Recreation Departments are offering a chance for residents of all three towns to utilize their indoor pools. If you purchase a season and/or yearly pool pass (household or individual) from one town, you can use it in all three towns. All you have to do is present your pass. Tri-town swimming is only available for season pass holders.

Newington High School Indoor Pool 605 Willard Avenue, Newington
Open Mon., Wed., and Fri.: 7:00 PM - 8:45 PM
Office Number - 860-665-8666 / Hotline - 860-665-8686

Rocky Hill High School Indoor Pool 50 Chaplin Avenue, Rocky Hill
Office - 860-258-7429 / Information Line - 860-258-2772

Wethersfield High School Indoor Pool 411 Wolcott Hill Rd, Wethersfield
Office/Information - 860-721-2890

For more information on pool hours in Rocky Hill and Wethersfield, please contact their Parks and Recreation offices directly.

Swim Lesson Level Descriptions

The Newington Parks and Recreation Department is proud to be an authorized provider of the American Red Cross Learn-To-Swim Program for Levels 1-6. Proper swim lesson level placement is critical for your child's success in swim lessons, as well as ensuring that the experience is enjoyable and safe. If your child has taken swim lessons with us before, please select the level recommended by their instructor. Please note that children must be at least 5 years of age to register for Levels 1 and up. Please review the swim lesson level descriptions below prior to registering your child. ***Note: These skills are the requirements to pass the level listed.** If your child can complete the skills listed, please register him/her for the next level.

Level 1 - (MUST BE AT LEAST 5 YEARS OLD) Enter and exit the water unassisted, open eyes underwater, bobbing, combined arm/leg action on front and back, front/back glides (two body lengths) and unsupported front/back float (5 seconds).

Level 2 - Jump from the deck into shoulder deep water, front float (10 seconds), back float (15 seconds), tread water (15 seconds), submerge completely and hold breath for 10 seconds, swim using leg and arm strokes (5 body lengths).

Level 3 - Jump into deep water, begin diving, tread water (1 minute), front crawl (15 yards), elementary backstroke (15 yards), survival float (30 seconds) and rotary breathing (15 times).

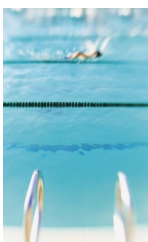
Level 4 - Standing dives, swim underwater (3-5 body lengths), tread water (2 minutes), front crawl and elementary backstroke (25 yards each), breaststroke, butterfly, and back crawl (15 yards each).

Level 5 - Shallow water dives, tuck and pike surface dives, front flip turns, front crawl and elementary backstroke (50 yards each), breaststroke, butterfly, and back crawl (25 yards each).

Level 6 - Fitness Swimmer: front crawl and elementary backstroke (100 yards each), breaststroke, butterfly, and back crawl (50 yards each), competitive turns, surface dives, object retrieval.

For a more detailed list of the level descriptions, please visit

www.newingtonct.gov/parksandrec



Adult Swim Lessons *Ages 18 and up*

Our adult swim lessons provide a wonderful opportunity for adults to learn how to swim in an age-appropriate and comfortable environment. Please note that there are no refunds given for missed or cancelled lessons. If lessons are cancelled, we will attempt to schedule a make-up class. If a make-up class cannot be scheduled, we will issue vouchers. Lessons are taught in groups of no more than 4 participants per instructor.

Location: Newington High School Indoor Pool

Fee: \$65 (4 classes)

Code:	Class	Time	Dates
1060501-A1	Beginner	7-7:30 p.m.	Wednesdays, March 15 - April 5 (4 classes)
<i>The Beginner class is for adults with minimal or no swimming experience, teaches water safety and confidence in the water by introducing floating (assisted and unassisted), submerging, breath-holding and independent movement in the water.</i>			
1060501-B1	Advanced Beginner	7-7:30 p.m.	Wednesdays, April 19 - May 10 (4 classes)
<i>The Advanced Beginner class is designed for adults who are already comfortable in the water but have minimal swimming experience. Students will begin with unassisted floating and move into basic stroke mechanics, utilizing the deeper water.</i>			

Ages 3-5 with parent

These lessons are the perfect opportunity for 3 to 5 year olds to get acquainted with being in the water. A parent is required to be in the water at all times with their child and should be comfortable in the water. There are no vouchers or refunds given for missed or cancelled swim lessons. We will attempt to schedule a make-up class when lessons are cancelled. Children must be three years old when the program begins.

Location: Newington High School Indoor Pool

Fee: \$15 (4 classes)

Code:	Time	Dates
1060110-A1	5:30 - 6:00 PM	Mondays, March 13 - April 3
1060110-B1	5:30 - 6:00 PM	Wednesdays, March 15 - April 5
1060110-C1	5:30 - 6:00 PM	Mondays, April 17 - May 8
1060110-D1	5:30 - 6:00 PM	Wednesdays, April 19 - May 10

Summer 2017 Pool Passes will be available beginning April 4, 2017 at the Parks and Recreation office. Proof of residency is required. Summer pool passes permit entrance to the outdoor pools at Churchill Park and Mill Pond Park during the summer and are also valid for use at the Newington High School pool for the 2017-2018 indoor season.

Purchase your Summer 2017 Pool Pass
by Friday, May 19, 2017
and save \$5 on an individual pass
or \$10 on a household pass!

More information about our Summer Pool Passes and Aquatics Programs will be in our Summer 2017 Program Guide, which will be distributed to Newington residents in the May issue of the Newington Life.

Our group swim lessons are taught by Red Cross certified lifeguards and are held at the Newington High School indoor pool. There are no vouchers or refunds given for missed/cancelled swim lessons. We will attempt to schedule a make-up class when lessons are cancelled. Please see level descriptions on page 6 as a guide to register your child.

Location: Newington High School Indoor Pool

Fee: \$30 (8 classes)

Mondays, March 13 - May 8 (8 classes, no class 4/10)			Wednesdays, March 15 - May 10 (8 classes, no class 4/12)		
	5:30 - 6:00 PM	6:00 - 6:30 PM		5:30 - 6:00 PM	6:00 - 6:30 PM
Level 1	(not offered)	Code: 1060101-A2	Level 1	(not offered)	Code: 1060101-B2
Level 2	Code: 1060102-A1	Code: 1060102-A2	Level 2	Code: 1060102-B1	Code: 1060102-B2
Level 3	Code: 1060103-A1	Code: 1060103-A2	Level 3	Code: 1060103-B1	Code: 1060103-B2
Level 4	Code: 1060104-A1	Code: 1060104-A2	Level 4	Code: 1060104-B1	Code: 1060104-B2
Level 5/6	Code: 1060108-A1	Code: 1060108-A2	Level 5/6	Code: 1060108-B1	Code: 1060108-B2

Our semi-private swim lessons are a great opportunity to get individualized attention when learning how to swim. The limit is 2 participants per instructor. Please note that there are no refunds given for missed or cancelled lessons. If lessons are cancelled, we will attempt to schedule a make-up class. If a make-up class cannot be scheduled, we will issue vouchers. Please see level descriptions on page 6 as a guide to register your child.

Location: Newington High School Indoor Pool

Fee: \$65 (4 classes)

<u>Session 1 - MONDAYS</u> March 13 - April 3 <i>(4 classes)</i> 6:30 - 7:00 PM		<u>Session 1 - WEDNESDAYS</u> March 15 - April 5 <i>(4 classes)</i> 6:30 - 7:00 PM	
Level 1	Code: 1060201-A3	Level 1	Code: 1060201-B3
Level 2	Code: 1060202-A3	Level 2	Code: 1060202-B3
Level 3	Code: 1060203-A3	Level 3	Code: 1060203-B3
Level 4	Code: 1060204-A3	Level 4	Code: 1060204-B3
Level 5/6	Code: 1060208-A3	Level 5/6	Code: 1060208-B3
<u>Session 2 - MONDAYS</u> April 17 - May 8 <i>(4 classes)</i> 6:30 - 7:00 PM		<u>Session 2 - WEDNESDAYS</u> April 19 - May 10 <i>(4 classes)</i> 6:30 - 7:00 PM	
Level 1	Code: 1060201-C3	Level 1	Code: 1060201-D3
Level 2	Code: 1060202-C3	Level 2	Code: 1060202-D3
Level 3	Code: 1060203-C3	Level 3	Code: 1060203-D3
Level 4	Code: 1060204-C3	Level 4	Code: 1060204-D3
Level 5/6	Code: 1060208-C3	Level 5/6	Code: 1060208-D3

Creative Playtime Preschool Program



Creative Playtime Preschool Program *located at 1075 Main Street, Lower Level*

Creative Playtime Preschool Program is open to children ages 3-5. Morning, Afternoon or Full-Day Programs are available. Our preschool program is fully licensed through the State of Connecticut.

Why Choose Creative Playtime Preschool Program?

- We are licensed by the State of Connecticut, meaning we follow the highest standards of education and safety.
- Our mature and professional staff complete annual Continuing Education Units (CEU's) to ensure that we are knowledgeable about the latest trends and techniques in the preschool field.
- Hundreds of children have graduated from our program since we attained State licensure in 2007.
- Our flexible program allows you to choose a schedule that suits your needs - choose morning, afternoon or full day programs - for one day per week or all five!
- Our classroom is a beautiful, large space with multiple activity areas which will offer your child an engaging and inspiring place to learn and play.
- We offer Flex Days, to provide extra care for your child when you need it!

Information About Our Program

The Newington Parks & Recreation Department's Creative Playtime Preschool Program is a play-based, child-centered preschool designed to be a wonderful and enriching introduction to the classroom environment. Our goal is to create a safe environment in which children engage in activities that are hands-on, open-ended, multisensory and meaningful to them. Play is the key that opens the door to creative thinking and learning!

Daily activities include "hands on" play centers for fine and gross motor activities such as school skills, paper, crayon and pencil work and play dough play. Multi-sensory art and music experiences, coupled with imaginative dramatic play centers such as dolls, blocks, and puppets offer creative and imaginative outlets for your child. We provide opportunities for daily living and social skills such as snack time and self-help work that will empower your child to be independent in preparation for kindergarten. Daily outdoor play time combines fine and gross motor skills, healthy habits and basic introductions to nutrition and fitness. This program is licensed through the State of Connecticut, and our staff is fully certified and trained in CPR & First Aid. We have beautiful classroom facilities and a fenced-in outdoor space dedicated solely to the preschool program located at 1075 Main Street in the Lower Level.

Staff: Marilyn Janelle, Preschool Director/Head Teacher
Loralyn Callahan, Preschool Assistant Director/Head Teacher
Diane Teevan, Head Teacher
Janet Arnold, Assistant Teacher
Maggie Bazzano, Assistant Teacher
Christine Gomes, Assistant Teacher
Melissa Miller, Assistant Teacher

2017 - 2018 Registration & Program Information

- We are now accepting registration for the 2017-2018 school year.
- A **non-refundable deposit** is required at the time of registration.
- A payment plan is available for the 2017-2018 school year. If you choose the payment plan option, the remaining balance will be due in three equal installments on July 19, 2017, October 19, 2017 and January 19, 2018.
- If you choose to pay in full, balance of payment is required in full by July 19, 2017.
- Open to children ages 3 - 5. All children must turn 3 years old by December 31, 2017. Children who will not be 3 years old until after December 31, 2017 are welcome to register and begin attending our program after their 3rd birthday if there are spaces available.
- School skills and Kindergarten readiness will be introduced in *ALL* classes.
- All children must be toilet trained by the start of the program, and may not be wearing diapers or pull-ups.
- The ratio is 10 children per teacher.
- Additional program and registration information is included in the registration packet.

Join us at an Open House

Check out our classroom and meet our teachers!

Wednesday, March 15, 2017
6:00 - 7:00pm

Held at our classroom
Creative Playtime Preschool
1075 Main Street, Lower Level
Parking available in rear by OFI.
Use parking lot entrance off Garfield Street.

Registration packets are available at the Parks & Recreation office or online at www.newingtonct.gov/parksandrec

Please call 860-665-8666 for more information!

Ask about our Flex Day Program!!



Creative Playtime Preschool Program

Our convenient program schedule allows you to register only for the times and days that you choose. You can register for one day per week or all five! Choose the morning or afternoon program, or register your child for our full day program. We also offer a Flex Day program, which gives you the opportunity to sign your child up for an additional program when you need extra care.

Our affordable fees make our program a great value. Creative Playtime Preschool is an economical choice that provides an enriching, nurturing and stimulating environment for children to learn, socialize and play.



DAILY PROGRAM SCHEDULE

Morning Program

9:30 - 11:45 a.m.

9:30 - 10:30 a.m. Teacher-directed projects, snack time and free-play activities (dramatic play, puzzles, blocks, fine and gross motor activities).

10:30 - 11:00 a.m. Clean-up time, calendar, weather check, pledge to the flag, theme of the day and teacher-directed learning.

11:00 - 11:45 a.m. Story time and outdoor play.

Afternoon Program

12:15 - 2:30 p.m.

12:15 - 1:15 p.m. Teacher-directed projects, snack time and free-play activities (dramatic play, puzzles, blocks, fine and gross motor activities).

1:15 - 1:45 p.m. Clean-up time, calendar, weather check, pledge to the flag, theme of the day and teacher-directed learning.

1:45 - 2:30 p.m. Story time and outdoor play.

Full Day Program

9:30 a.m. - 2:30 p.m.

This option combines the morning and afternoon programs and includes our lunch bunch program, a supervised 30 minute lunch period.

Please send your child with a healthy, nut-free and nut oil-free lunch.

2017 - 2018 PROGRAM DATES

- **Mondays: September 11th - May 21st** (no class 10/9, 12/25, 1/1, 1/15, 2/19, 4/9)
- **Tuesdays: September 12th - May 29th** (no class 12/26, 2/20, 4/10)
- **Wednesdays: September 6th - May 30th** (no class 11/22, 12/27, 4/11)
- **Thursdays: September 7th - May 31st** (no class 9/21, 11/23, 12/28, 4/12)
- **Fridays: September 8th - June 1st** (no class 11/10, 11/24, 12/22, 12/29, 2/16, 4/13)

2017 - 2018 PROGRAM FEES

25% Deposit Due at Time of Registration (Non-Refundable)

DAYS

FEES

Monday Mornings

\$453.38 (31 classes)

\$113.35

Mondays Full Day

Monday Lunch Bunch

\$100.75 (31 classes)

\$ 25.19

\$1,007.51

Monday Afternoons

\$453.38 (31 classes)

\$113.35

Deposit: \$251.88

Tuesday Mornings

\$511.88 (35 classes)

\$127.97

Tuesdays Full Day

Tuesday Lunch Bunch

\$113.75 (35 classes)

\$ 28.44

\$1,137.51

Tuesday Afternoons

\$511.88 (35 classes)

\$127.97

Deposit: \$284.38

Wednesday Mornings

\$526.50 (36 classes)

\$131.63

Wednesdays Full Day

Wednesday Lunch Bunch

\$117.00 (36 classes)

\$ 29.25

\$1,170.00

Wednesday Afternoons

\$526.50 (36 classes)

\$131.63

Deposit: \$292.50

Thursday Mornings

\$511.88 (35 classes)

\$127.97

Thursdays Full Day

Thursday Lunch Bunch

\$113.75 (35 classes)

\$ 28.44

\$1,137.51

Thursday Afternoons

\$511.88 (35 classes)

\$127.97

Deposit: \$284.38

Friday Mornings

\$468.00 (32 classes)

\$117.00

Fridays Full Day

Friday Lunch Bunch

\$104.00 (32 classes)

\$ 26.00

\$1,040.00

Friday Afternoon

\$468.00 (32 classes)

\$117.00

Deposit: \$260.00

Full Day Savings!
See below for details!

Full Day Savings! Save up to \$400!!

Register your child for one full day and receive \$100 off your total tuition bill for each additional full day your child is registered for! Up to \$400 discount applied available per child. Child must be registered prior to the beginning of the school year. Register for:

*Two full days—receive \$100 off your total tuition bill

*Three full days—receive \$200 off your total tuition bill

*Four full days—receive \$300 off your total tuition bill

*Five full days—receive \$400 off your total tuition bill

Youth Programs...

Preschool Play Nights *Ages 2 1/2 - 5*

Preschoolers are invited to join us for these fun-filled evening programs! Your little one will have lots of fun with our Creative Playtime Preschool staff while YOU get a little time to yourself! Each night will offer a themed craft, story time, and playtime in our beautiful classroom facilities. A snack of crackers and juice will be provided. Participants do not have to be registered students at Creative Playtime Preschool to attend. Children must be toilet trained and wear play clothes.

Instructor: Creative Playtime Preschool Staff

*Location: Creative Playtime Preschool classroom, 1075 Main Street, Lower Level, Newtonton
(Parking available off Garfield Street in the OFI/Farmington Bank parking lots)*

Fee per night: \$12 for residents / \$15 for non-residents

Register for ALL 3 nights - \$30 for residents / \$38 for non-residents

Code:	Theme:	Time	Dates
1020414-A1	Community Helpers	5:30 - 7:00 PM	Monday, April 3 (one class)
1020414-B1	Mother's Day	5:30 - 7:00 PM	Tuesday, May 2 (one class)
1020414-C1	Outer Space	5:30 - 7:00 PM	Thursday, June 1 (one class)

Dance Classes *Ages 2 - 8*

Your child will love to participate in this wonderful dance experience! These classes are a great way to introduce your child to ballet, creative movement, tap and hip hop. They will learn creative ways to express themselves through music, dance & movement in a fun and social environment. Parents are asked to wait outside the classroom during dance classes. Children should wear comfortable, lightweight clothing.

Instructor: Janet Arnold

Location: Mortensen Community Center Romano Room

Fee: \$48 for residents / \$60 for non-residents

Code:	Ages	Class	Time	Dates
1030601-A1	2 - 4	Ballet/Creative Movement	1:15 - 2:00 PM	Saturdays, April 1 - May 27 (8 classes) (no class 5/20)
1030603-A1	4 - 6	Hip Hop	2:00 - 2:45 PM	
1030604-A1	5 - 8	Beginner Tap**	2:45 - 3:30 PM	
		**Tap shoes required; Ties or buckles		
1030602-A1	5 - 8	Ballet	3:30 - 4:15 PM	
1030601-A2	2 - 4	Ballet/Creative Movement	4:15 - 5:00 PM	

Music Together *Ages newborn to 5 years*

Music Together® is an innovative, thoroughly researched approach to early childhood music education and is based on the premise that all children are inherently musical. Music Together is committed to helping families rediscover the pleasure and value of musical activity by providing children with new opportunities to experience and express themselves musically alongside their most important role models: their parents, caregivers and teachers.



Instructor: Sue Freese

Location: Mortensen Community Center Romano Room

Fee: \$165 (\$75 for each additional sibling registered for same class. Fees include CD and all materials. Fees remain the same for non-residents. Infants under 8 months are free with a registered sibling.)

10

Code:	Time	Dates
1030801-A1	4:30 - 5:15 PM	Tuesdays, March 28 - June 6 (10 classes, no class 4/11)
1030801-A2	5:30 - 6:15 PM	Tuesdays, March 28 - June 6 (10 classes, no class 4/11)
1030801-B1	9:30 - 10:15 AM	Wednesdays, March 29 - June 7 (10 classes, no class 4/12)
1030801-B2	10:30 - 11:15 AM	Wednesdays, March 29 - June 7 (10 classes, no class 4/12)
1030801-C1	8:30 - 9:15 AM	Saturdays, April 1 - June 3 (10 classes)
1030801-C2	9:30 - 10:15 AM	Saturdays, April 1 - June 3 (10 classes)
1030801-C3	10:30 - 11:15 AM	Saturdays, April 1 - June 3 (10 classes)

Jumpin' Gym Daze

Ages 12—36 Months with Parent

You and your toddler will enjoy this fun-filled program in the gym. The first half of each class will be an unstructured opportunity for free play, while the second half of the class will offer supervised and directed games and activities. This is a great class to give your child a chance to play and interact with children of the same age. It is also a chance for parents to socialize and interact with other parents. We'll roll out the balls, hoops, and tunnels, and you roll out the fun!

Instructor: Christine Gomes

Location: Mortensen Community Center Gymnasium

Fee: \$39 for residents / \$49 for non-residents

Code:	Time	Dates
1020311-A1	9:30 - 10:15 AM	Wednesdays, March 29 - May 24 (8 classes, no class 4/12)
1020311-A2	10:30 - 11:15 AM	Wednesdays, March 29 - May 24 (8 classes, no class 4/12)

Mornin' Munchkins

Ages 12—36 Months with Parent

This is a fun, social experience for both parent and toddler. Activities include music, movement, story time, special play balls, bubbles and arts & crafts, not to mention meeting lots of friends. This class offers parents and grandparents the opportunity to get creative, bond and interact with their youngster in a group environment. It's a great class for those looking to socialize with other parents.

Instructor: Loralyn Callahan

Location: Mortensen Community Center Romano Room

Fee: \$45 for residents / \$56 for non-residents

Code:	Time	Dates
1020312-A1	9:30 - 10:15 AM	Mondays, March 27 - May 22 (8 classes, no class 4/10)
1020312-A2	10:30 - 11:15 AM	Mondays, March 27 - May 22 (8 classes, no class 4/10)

Youth Programs...

Children's Art Lines & Colors

Grades K - 5



Artists will be creating and designing many new creations, some two dimensional and some 3-D. Projects will include tropical underwater creatures that shimmer in the water, a rainy day scene with imaginary things happening, signs of Spring that pop with color and more. Learn which colors stand out and why. Imaginations combined with many different materials are sure to be fun! Children should bring a smock

Instructor: Fran Judycki

Location: MCC Arts & Crafts Room

Fee: \$28 for residents / \$35 for non-residents

Code:	Time	Dates
1030707-A1	6:30 - 7:30 PM	Tuesdays, March 28 - April 25 (4 classes, no class 4/11)

Children's Sculpture

Grades K - 5

Artists will create realistic and abstract sculpture by investigating form, observing size, textures and shapes. Working with shiny wire, clay, real sea shells, beads, and paint to create beautiful mushroom houses and the sparking critters that live in them: raised relief animals, wiggly worms, caterpillars and more. Students will expand their creative imagination while having a blast! Children should bring a smock.



Instructor: Fran Judycki

Location: MCC Arts & Crafts Room

Fee: \$28 for residents / \$35 for non-residents

Code:	Time	Dates
1030705-A1	6:30 - 7:30 PM	Thursdays, April 20 - May 11 (4 classes)

Children's Spring Workshop

Grades K - 5

What does Spring mean to you? What pops into your head when you hear the word "Spring"? Artists will express their thoughts and imaginations on the topic of Spring by sculpting with clay and drawing and painting posters that symbolize the meaning of Spring to them. Children should bring a smock.



Instructor: Fran Judycki

Location: MCC Arts & Crafts Room

Fee: \$10 for residents / \$12 for non-residents

Code:	Time	Date
1030706-A1	6:30 - 7:30 PM	Tuesday, May 9 (one class)

APRIL VACATION PROGRAMS

Let's Gogh Art-Ventures

Grades K - 5

Let's Gogh Art is passionate about inspiring children to reach beyond and create art that is uniquely their own. Participants will learn about real artists, their vision of the world and the materials and techniques they use or used. Think about famous artists like Picasso, Matisse, van Gogh, Homer and more. During these art-packed mornings, participants will explore canvas art, painting, drawing, tie dying, decoupage, collage, stained glass, beading, sculpting, fabric art and more. Two or more treasured works of art are brought home each day.

Please send your child each day with a nut-free snack and a drink.

Instructor: Let's Gogh Art staff

Location: MCC Arts & Crafts Room

Fee per workshop: \$35 for residents / \$43 for non-residents



Zany Zoo Animal Art-Ventures

Like a trip to the zoo! Color ceramic bunny banks with special paint markers and design stained glass animals with wiggly eyes! Then create animal clip book-marks sing watercolor paints and draw some surprisingly ferocious fish!



Code:	Time	Date
1030708-A1	9AM - 12PM	Monday, April 10

Boo! Goofy Monsters and Haunted Houses

In this awesome and eerie art program, art-ventures construct highly detailed haunted house boxes, complete with spider webs, spooky trees, gravestones, creepy crawly creatures, and more! Then paint colorful ceramic monster planters, and sculpt clay skeletons.



Code:	Time	Date
1030708-B1	9AM - 12PM	Tuesday, April 11

Superhero Art Blast Off!

Superhero girls and boys soar off on a top-secret mission to save planet Earth using the most important superpower of all: imagination! Create your own bean mosaic superhero masks to protect your secret identities, then blast off in super-duper spaceships built out of recycled materials. Plus, draw self-portraits of you heroic alter egos.

Code:	Time	Date
1030708-C1	9AM - 12PM	Wednesday, April 12

Electric Zebras and Neon Tote Bags

Get ready for electrifying art-ventures! Explore pattern and color while painting bright, exciting zebras on canvases! Create totally wild neon geometric designs on tote bags using a special resist technique. Then make a rainbow mandala with a variety of vibrant embellishments!



Code:	Time	Date
1030708-D1	9AM - 12PM	Thursday, April 13

Youth Programs...

Tennis Lessons *Ages 7-12*

The Parks & Recreation Department, in conjunction with the Newington Tennis Center, is offering tennis lessons for children of all ability levels. Children learn the basics while gaining cardiovascular fitness and coordination. Topics include forehand, backhand, volley, serve and overhead. Racquets will be provided. Just bring your enthusiasm and sneakers and get involved in the game of a lifetime. **Please note that participants must register by the Wednesday prior to the first day of the session.*

Instructors: Newington Tennis Center Staff

Location: Newington Tennis Center, 60 Prospect Street, Wethersfield

Fee: \$99 per session / Fee remains the same for non-residents

Code:	Time	Dates
1030301-A1	4:00 - 5:00 PM	Sundays, March 12 - April 23 (6 classes, no class 4/16)
1030301-B1	4:00 - 5:00 PM	Sundays, April 30 - June 11 (6 classes, no class 5/14)

No need to wait - register today for the session beginning March 12th!

Girls in Stride Running *For girls ages 6-14*

Imagine the thrill your daughter will feel as she crosses the finish line in her first race. This dynamite training program will prepare your daughter for the Celebrate West Hartford 5K Road Race on Sunday, June 11, 2017. This non-competitive training program is designed for all levels of runners. Help your daughter gain confidence, build self-esteem, and lead her to a path of health and fitness. Focus will be on using games and drills that make running fun, while also improving athletic performance for those who play other sports.

As part of the program, the girls will be exposed to goal setting, journaling of training, nutrition and mental preparation. **Program fee includes a t-shirt and training journal.** Race registration is **not** included in the program fee. For more information, visit www.girlsinstride.com.



Instructor: Girls in Stride Instructors

Location: Mill Pond Park (In case of inclement weather, program will be held indoors in Mortensen Community Center Gymnasium)

Code:	Time	Date	Fee
1031001-A1	5:15 - 6:15 PM	Thursdays, April 27 - June 8 (7 weeks)	\$79 for residents \$89 for non-residents



Family Fishing Class (ages 7 - adult)

Connecticut Department of Environmental Protection, Fisheries Division, is sponsoring this fishing class for the whole family! Families and individuals ages 7 and up are encouraged to attend this fun, **FREE** class, taught by a state-certified volunteer instructor through the Connecticut Aquatic Resources Education (C.A.R.E.) Program. Program includes one classroom session and a morning field trip to Mill Pond. All fishing equipment and course materials are provided. **Pre-registration is required.** **** Please make alternative care arrangements for kids under the age of 7.**

Instructor: C.A.R.E. certified instructor

Location: Thursday class: Mortensen Community Center Teen Center / Saturday field trip: Mill Pond

Dates: Thursday, May 11th, 6:30 - 8:30 p.m. (classroom session)
Saturday, May 13th, 8 am - 12 noon (field trip)

Fee: FREE

Code: 1030903-A1

Gymnastics *Ages 2 and up*

A wonderful opportunity to learn the art of gymnastics! Participants will learn gymnastic skills according to their ability level. Activities include warm-ups, floor exercises, and use of gymnastic equipment. Participants should wear leotards, warm-ups, or shorts and a t-shirt. For the Parent and Tot class, children must be 2 years old when class begins to participate.

Instructor: New England Gymnastics Express Staff

Location: New England Gymnastics Express
136 Day Street, Newington

Fee: \$79 for residents / \$98 for non-residents

Code:	Time	Dates
Parent and Tot: Ages 2 - 3 1/2 with Parent		
1031002-A1	1:00 - 1:40 PM	Mondays, March 27 - May 15 (7 classes, no class 4/10)
Preschool: 3 1/2 - 5 years old		
1031003-A1	1:45 - 2:25 PM	Mondays, March 27 - May 15 (7 classes, no class 4/10)
Beginner: Kindergarten - 2nd Grade		
1031004-A1	6:00 - 6:45 PM	Tuesdays, March 28 - May 16 (7 classes, no class 4/11)
1031004-B1	6:00 - 6:45 PM	Thursdays, March 30 - May 18 (7 classes, no class 4/13)

Program Information Hotline:

860-665-8686



Like us on Facebook

Girls' Basketball Skills Clinic *Grades 5 - 8*

Newington High School Girls' Varsity Basketball Coach Rick Bangs offers this basketball clinic designed for players who want to improve their individual and team skills while learning fundamentals, fitness and having fun. Topics include shooting mechanics, ball handling, defense and rebounding. There is a maximum of 30 participants in each program.

Staff: Rick Bangs

Location: John Wallace Middle School Gymnasium

Fee: \$60 for residents / Fee remains the same for non-residents

Code:	Time	Dates
1030403-A1	5:30 - 6:30 PM	Wednesdays, May 3 - 31 (5 classes)

Youth Programs...

Skyhawks Sports! *Ages 3- 7*

Skyhawks Sports are introductory programs for young children to help them explore soccer and basketball. SkyHawks' popular and diverse programs provide opportunities for children to learn introductory sports skills through unique games and activities. No pressure, just lots of fun, while these young athletes participate in both sports through unique Skyhawks games. Staff is committed to helping children begin on the right foot as they take their first steps into athletics. Tiny Hawks is a parent and child program. Mini Hawks is a drop-off program; however, parents will be able to go in the last 10 minutes of the program each day.

Instructor: Skyhawks Staff

Location: John Wallace Middle School

Fee: \$70 for residents / Fee remains the same for non-residents.

Code:	Time	Dates
-------	------	-------

Tiny Hawks (Ages 3 - 4 with parents)

1030401-A1	5:30 - 6:15 PM	Thursdays, May 11 - June 8 (5 classes)
------------	----------------	-------------------------------------------

Mini Hawks (Ages 4 - 7)

1030402-A1	6:20 - 7:15 PM	Thursdays, May 11 - June 8 (5 classes)
------------	----------------	-------------------------------------------

Whimsical Eggs *Ages Bunnies and Up*

This Easter take your eggs one step further! Tired of just using those same old egg dying kits? Hop on down to decorate your eggs to use the Easter Bunnies magic paint and fairy dust! It will truly be a hare raising experience!

Instructor: Peter Cottontail

Location: Briar Patch

Fee: Free for residents / Fee remains the same for non-residents.



Code:	Time	Dates
-------	------	-------

1040117-A1	9:00 - 10:00 AM	Saturday, April 1 (1 class)
------------	-----------------	-----------------------------

Boys' Basketball Skills Clinic

Grades 5 - 8

James Simmons, NHS Boys' Varsity Assistant Basketball Coach, is offering this basketball skills clinic which is designed for players who want to improve their individual and team skills while learning fundamentals, fitness and having fun! Topics include basic position, moving without the ball, shooting, ball handling, perimeter moves, post moves, defense, offense and rebounding, along with agility and conditioning drills.

Staff: James Simmons

Location: Martin Kellogg Middle School Gymnasium

Fee: \$50 for residents / Fee remains the same for non-residents

Code:	Time	Dates
1030404-A1	5:00 - 6:30 PM	Wednesdays, April 26 - May 24 (5 classes)

Karate *Ages 5 - 12*

Come and learn the traditional art of Okinawan Shorin-Ryu Karate, taught by Master Peter Pekrul, a 10th degree black belt with over 30 years of teaching experience. You will learn the basics of Karate – blocking and striking – as it is still taught in Okinawa today. Students will also learn discipline, self-confidence, and how to defend themselves.

Instructor: Peter Pekrul

Location: Mortensen Community Center Gymnasium

Fee: \$50 for residents / \$60 for non-residents



Code:	Ages	Time	Dates
1031005-A1	5 - 6	5:00 - 6:00 PM	Wednesdays, March 29 - June 7 (10 classes, no class 4/12)
1031005-B1	7-12	6:00 - 7:00 PM	Wednesdays, March 29 - June 7 (10 classes, no class 4/12)



**Offering exciting and economical birthday party packages...
Contact us today for more information!**



2143 Berlin Turnpike
Newington, CT 06111
www.bowloramact.com

Phone: 860-666-5411
Fax: 860-666-1437
Email: bor59@sbcglobal.net

Adult Programs...

Drawing for Beginners

Drawing starts with the business of seeing and you'll be learning how to interpret what you see. Discover that basic drawing shapes, combined with a range of values, turns into a spectacular drawing. Learn basics starting with contour drawing, simple perspective, various shading methods and more. Lots of demonstrations, handout sheets and one on one guidance. All will be amazed at what you can do with a pencil! Please call the Parks and Recreation Department at 860-665-8666 for a supply list prior to the first class.

Instructor: Fran Judycki

Location: Senior & Disabled Center Arts & Crafts Room

Fee: \$45 for residents / \$56 for non-residents

Code:	Time	Dates
1040802-A1	6:00 - 7:30 PM	Mondays, April 3 - May 8 (6 classes)

One-Day Connecticut Safe Boating and Personal Watercraft Certification

Ages 12 - adult

A complete basic safe boating certification course taught in one (8 hour) day. Successful completion will allow the student to obtain a Connecticut Certificate of Personal Watercraft Operation, which enables them to operate recreational vessels up to 65 feet in length including Jet Skis. An easy to understand classroom format is designed for students age 12 and over. PRIOR TO TAKING THIS CLASS, each student should create an account online at ct.outdoorcentral.net, and click the START button. Create an account if you don't already have one, and then print the page that includes your Conservation ID number and bring it to class. Once we have entered your score in the DEEP system, you will use your account to purchase & print the certificate after the class. Students should bring a pen or pencil to class.

Instructor: Professional Marine Education staff

Location: Mortensen Community Center Teen Center

Fee: \$65 for residents / \$75 for non-residents



Code:	Time	Dates
1041104-A1	8:30 AM - 4:30 PM	Sunday, March 19 (one class)

Ballroom Dancing

Learn to dance for any occasion! Feel confident and have fun at parties, weddings and other events. This is a great way to have a 'date' with your partner or make new friends. Dancing will keep you energized and fit. In this session you will learn the Foxtrot, Swing, Salsa and slow dance from a professional dance teacher. No partner is required. Please wear comfortable shoes with a smooth sole.

Instructor: Wendy Nielsen

Location: Senior & Disabled Center Ceramics Room

Code:	Time	Dates	Fee:
1040702-A1	6:30 - 7:30 PM	Mondays, March 27 - June 12 (11 classes, no class 5/29)	\$77 for residents \$96 for non-residents

Intro to Kayak *Ages 13 - adult*

This two hour course is the perfect way to learn the sport you have always wanted to try. Our certified instructors will teach you all the basics you need to feel comfortable paddling a kayak in our tranquil section of the Farmington River. You will learn about the equipment and all the basic skills needed to get you started during this two hour class in one of our high quality boats. Come have some fun on the water!

Location: Collinsville Canoe & Kayak, 41 Bridge Street, Collinsville, CT 06022

Fee: \$55 for residents / fee remains the same for non-residents

Code:	Time	Date
1041101-A1	10:00 - 12:00 PM	Saturday, June 3 (one class)

Stand Up Paddleboard (SUP) Basics *Ages 13 - adult*

SUP is a new perspective on exploring our waterways. It's also a great way to get a full body workout. Our one and a half hour basics session will take place on the Farmington River behind our shop. We'll cover all the fundamentals; getting familiar with equipment, water entry and balance, proper stance and positioning on the board, efficient paddling technique, safety and etiquette. This is a sport that can be enjoyed in both calm and flat water as well as taken to the next level in surf or in whitewater.

Location: Collinsville Canoe & Kayak- 41 Bridge Street, Collinsville, CT 06022

Fee per session: \$38 for residents / fee remains the same for non-residents

Code:	Time	Date
1041103-A1	11 AM - 12:30 PM	Saturday, July 8 (one class)
1041103-B1	11 AM - 12:30 PM	Saturday, July 29 (one class)

Line Dancing

Line dancing isn't just country/western anymore! It could be anything from a waltz to a cha-cha. You will learn some of the most popular dances. No partner is needed, it's fun, great exercise and just a few classes will free the dancer in you.

Instructor: Wendy Nielsen

Location: Senior & Disabled Center Ceramics Room

Code:	Time	Dates	Fee:
1040701-A1	5:30 - 6:30 PM	Mondays, March 27 - June 12 (11 classes, no class 5/29)	\$77 for residents \$96 for non-residents



Women's Softball League (18+)

The Women's Softball League runs from early May until mid-August (Monday & Wednesday). We are looking to expand our Women's League that currently has teams from Newington, Wethersfield and Bristol. League fees will be approximately \$650 per team. Teams that participated last season need to contact the Parks & Recreation office by March 1st if interested in returning.

If you are interested in getting a team in the league, or playing on an existing team, please contact the Parks & Recreation office at kgallicchio@newingtonct.gov

Eclectic Naturopathic Medical Center, LLC

Kathleen Riley, ND

Susan Yarett, ND

At the Eclectic Naturopathic Medical Center, we specialize in providing gentle, effective treatments for acute and chronic illnesses for infants to geriatrics. If you are looking for a way to learn how to be as healthy as possible, call or check out our website for more information.



48 Christian Lane
Newington, CT 06111
860-665-1254
www.kathleenrileynd.com



Beginner Co-Ed Golf Clinic

Are you ready for some fun? Get Golf Ready is a fun and affordable golf instruction program for people with little or no golf experience. The Get Golf Ready program is a series of five introductory lessons conducted by PGA Professionals in a small-group environment.



The five lessons featured in the Get Golf Ready program will provide basic skills instruction as well as information regarding the game's rules, etiquette and values. Significant on-course learning opportunities will also be a part of each lesson. Overall, participants will gain insight into techniques regarding chipping, putting, full swing and bunker play as well as the fundamental guidelines regarding the use and maintenance of golf equipment, keeping score and navigating the course, among others. For more information about the program, please call 860-666-5447.

Instructor: PGA Golf Professionals Wayne Smyth and Adam D'Amario

Location: Indian Hill Country Club, 111 Golf Street

Fee: \$99 for residents / fee remains the same for non-residents

Code:	Time	Dates
1040602-A1	6:00 - 7:30 PM	Wednesdays, May 3 – May 31 (5 classes)



Indian Hill Country Club Resident Information

Newington residents are able to play golf at Indian Hill on specific days of the week by purchasing a resident membership card (see rates below). The Resident Card may be purchased from the Indian Hill office or Golf Shop, annually. Proof of age and residency is required. All fees may be paid by cash or check.

Newington Regular Resident Cards:	\$25
Newington Senior (62+) Resident Cards:	\$50
USGA Handicap Service (optional):	\$25

Times for Resident Play

Saturdays: 1:30pm – Dusk

Sundays: 1:30pm – Dusk

Mondays*: 8:00am - Dusk

**Seniors pay no Greens Fees on Mondays*

Tuesdays: 7:30am – 10:00am & 5:30pm – Dusk

2017 Golf Rates

Resident Greens Fee	Golf Cart Fees	Guest of a Resident
9 Holes (walking) - \$20	9 Holes - \$10	9 Holes (walking) - \$22.50
18 Holes (walking) - \$37	18 Holes - \$20	18 Holes (walking) - \$45

Please call Indian Hill for more information:
(860) 666-5447 or (860) 665-7817

Beginner Ladies Golf Clinic

Are you ready for some fun? Get Golf Ready is a fun and affordable golf instruction program for people with little or no golf experience. The Get Golf Ready program is a series of five introductory lessons conducted by PGA Professionals in a small-group environment.



The five lessons featured in the Get Golf Ready program will provide basic skills instruction as well as information regarding the game's rules, etiquette and values. Significant on-course learning opportunities will also be a part of each lesson. Overall, participants will gain insight into techniques regarding chipping, putting, full swing and bunker play as well as the fundamental guidelines regarding the use and maintenance of golf equipment, keeping score and navigating the course, among others. For more information about the program, please call 860-666-5447.

Instructor: PGA Golf Professionals Wayne Smyth and Adam D'Amario

Location: Indian Hill Country Club, 111 Golf Street

Fee: \$99 for residents / fee remains the same for non-residents

Code:	Time	Dates
1040601-A1	6:00 - 7:30 PM	Wednesdays, June 21 - July 19 (5 classes)

Adult Fitness...

Tone Aerobics

This low-impact aerobics class is a great way to start your morning. Emphasis is placed on strengthening and toning muscles while improving cardiovascular fitness. Participants should bring an exercise mat or towel and a set of hand weights.

Instructor: Sandy Rovelli

Location: Senior & Disabled Center Auditorium

*Fee: Tuesdays: \$48 for residents / \$60 for non-residents
Thursdays: \$48 for residents / \$60 for non-residents*

Code:	Time	Dates
1041009-A1	9:15 - 10:15 AM	Tuesdays, March 28 - June 13 (12 classes)
1041009-B1	9:15 - 10:15 AM	Thursdays, March 30 - June 15 (12 classes)

Register for both classes and SAVE \$5!
Residents: \$91! Non-Residents: \$115!

Hi/Lo Aerobics

Back by popular demand! Get moving! This fun aerobics class includes kickboxing, funk and salsa moves that will leave you feeling more energetic and healthy. Challenge yourself while building strength and endurance. Bring a set of hand weights.

Instructor: Laura Campbell

Location: Senior & Disabled Center Auditorium

Fee: \$48 for residents / \$60 for non-residents

Code::	Time	Dates
1041010-A1	6:30 - 7:30 PM	Wednesdays, March 29 - June 14 (12 classes)

The Art of T'ai Chi

T'ai Chi is not only a form of exercise, but a cultural art that leads you on the path to mental, physical, and spiritual fitness. This art form is used to promote health and tranquility by releasing the natural energy of the body. T'ai Chi helps maintain good Chi energy with gentle, fluid movements.

Instructor: Ken Zaborowski

Location: Mortensen Community Center Romano Room

Fee: \$68 for residents / \$85 for non-residents

Code:	Time	Dates
1041003-A1	5:30 - 6:30 PM	Mondays, March 27 - June 12 (11 classes, no class 5/29)

Zumba

Love music, love to dance? Need a workout that will keep you from getting bored and falling off the workout wagon? Then Zumba may be for you! Zumba is a Latin-inspired, dance fitness class that incorporates Latin and International music and dance movements. The class format combines fast and slow rhythms that tone and sculpt the body in the aerobic/fitness fashion. It's for all ages, and it's an easy and effective form of exercise. You'll enjoy this class with fun music, body firming routines, and then you'll see why Zumba is a popular way to exercise!

Instructor: Mondays - Cristina Tsombanos

Wednesdays & Thursdays - Mary Woods

Location: All classes held at Senior & Disabled Center Auditorium, EXCEPT class on Thursday, April 27th will be held at Mortensen Community Center Gymnasium.

Code:	Dates	Time	Fee:
1041007-A1	Mondays, March 27 - June 12 (11 classes, no class 5/29)	5:00 - 6:00 PM	\$55 for residents \$68 for non-residents
1041007-B1	Wednesdays, March 29 - June 14 (11 classes, no class 4/12)	5:15 - 6:15 PM	\$55 for residents \$68 for non-residents
1041007-C1	Thursdays, March 30 - June 15 (11 classes, no class 4/13)	5:30 - 6:30 PM	\$55 for residents \$68 for non-residents

Reasons to Register Early!

Many classes are very popular and people know that in order to get a spot, they need to register early. But there are also reasons to register early for classes that don't usually fill up. All of our classes are intended to be self-supporting and we must reach minimum enrollment for a class to run. There is a point (usually about one week before a program starts) that a program must be cancelled if there aren't enough people registered. Very often, people try to register after a program has been cancelled and if they had registered earlier, the program would have run. So, if there's a program that you are interested in...

Please Register Early!



Power Cardio

Blast into shape with this 60-minute, high-energy Boot Camp style workout that interchanges short bursts of cardio with longer workout periods that combine kickboxing, sports drills and calorie-crunching calisthenics. Classes will go outdoors when the weather permits. Instructor will encourage you to give your 100% effort at all times. This class will give you an intense workout, but is open to all fitness levels.

Instructor: Laura Campbell

Location: Mortensen Community Center Gymnasium

Fee: \$60 for residents / \$75 for non-residents

Code:	Time	Dates
1041004-A1	5:45 - 6:45 PM	Tuesdays, March 28 - June 13 (12 classes)

Adult Yoga and Pilates Classes...

Beginner Yoga

If you've been wondering how yoga might support you in your life, this is the class for you! We'll start at the very beginning, giving detailed descriptions of poses and breathing techniques, so that you can experience the many benefits of yoga for yourself. Among these are: reduced stress, greater flexibility, improved balance, increased concentration and a greater sense of overall well-being. Non-beginners who are comfortable with a slower pace are welcome also! Sticky yoga mats are required and yoga blankets are highly recommended.

Instructor: Cynthia Wolcott

Location: Mortensen Community Center Romano Room

Code:	Time	Dates	Fee
1041001-A1	5:45 - 7:00 PM	Thursdays, March 30 - June 15 (12 classes)	\$72 for residents \$90 for non-residents

Yoga for Well Being

This class is appropriate for all ages and levels of fitness. It is an easeful practice consisting of highly effective gentle movement and breath to strengthen both awareness and physical function, a relaxing and rejuvenating gift for ourselves that erases the daily effects of stress and grounds us in our divine presence. Please bring a yoga mat.

Instructor: Karen Sevenoff

Location: Mortensen Community Center Romano Room

Fee: \$72 for residents / \$90 for non-residents

Code:	Time	Dates
1041001-C1	5:30 - 6:45 PM	Wednesdays, March 29 - June 14 (12 classes)

Total Barre

Total Barre is a unique total body workout that focuses on small, controlled movements combined with low-impact but heart-pumping bursts of leg work to define and tone long, lean muscles. With a combination of muscle work and stretching, this program creates lean, flexible sculpted arms, flat abs, and a lifted seat! You'll be targeting every muscle in the body. A challenging, safe and effective workout set to dynamic music using props such as balls and bands. Please bring a mat and water and 1 to 3 lb handweights.

Instructor: Ashley Ganon, Personal Euphoria staff

Location: Senior & Disabled Center Rooms A & B

Fee: Mondays: \$77 for residents / \$96 for non-residents

Wednesdays: \$84 for residents / \$105 for non-residents

Code:	Time	Dates
1041006-A1	5:45 - 6:30 PM	Mondays, March 27 - June 12 (11 classes, no class 5/29)
1041006-B1	6:30 - 7:15 PM	Wednesdays, March 29 - June 14 (12 Classes)

Mixed Levels Yoga

Do you want to take the next step to deepen your yoga practice or become familiar with a variety of postures and breathing practices? This might be the class for you if you have some familiarity with yoga postures and want to further explore the practice of yoga. For this class, modifications of postures are made to accommodate all, allowing all levels to feel supported. Sticky yoga mats are required and yoga blankets are highly recommended. A limited number of blocks and straps are available.

Instructor: Ellen Brown

Location: Mortensen Community Center Romano Room

Code:	Time	Dates	Fee
1041001-B1	6:45- 8:00 PM	Mondays, April 3 - June 12 (10 classes, no class 5/29)	\$60 for residents \$75 for non-residents

Looking for Gentle Yoga, see page 19!

Mixed Levels Mat Pilates

Pilates is an exercise option for everyone designed to develop a strong core while maintaining loose, limber limbs. The exercises provide variations to meet the needs of different body types. The exercises strengthen the body while keeping joints mobile and flexible. You'll feel your muscles working and probably break a sweat. Please bring a yoga mat and water to every class.

Instructor: Jess Tucker, Personal Euphoria staff

Location: Senior & Disabled Center Rooms A & B

Fee: Residents: \$84 / Non-Residents: \$103

Code:	Time	Dates
1041002-A1	5:45 - 6:30 PM	Wednesdays, March 29 - June 14 (12 classes)

Core Strength Training

This functionally fun class provides a complete workout that will help tone and reshape your body. You will use light weights, bands and your own body weight to improve strength, flexibility, balance and stamina to sculpt and tone. Participants should bring a yoga mat, water, and light weights.

Instructor: Ashley Ganon, Personal Euphoria staff

Location: Senior & Disabled Center Rooms A & B

Fee: \$77 for residents / \$96 for non-residents

Code:	Time	Dates
1041005-A1	6:30 - 7:15 PM	Mondays, March 27 - June 12 (11 classes, no class 5/29)

Programs for Older Adults...

Indoor Walking at Mortensen Community Center

The Mortensen Community Center Gymnasium will be open for walkers on weekday mornings throughout the Fall, Winter and Spring. This is a great way to stay in shape and keep moving! 18 laps equal a mile! Pre-registration is required and all walkers should carry an ID with them at all times. You can register at the Parks & Recreation office any time Monday through Friday from 8:30 a.m. - 4:30 p.m.

Walking is a healthy way to exercise and may help you maintain a healthy weight and reduce your risk of some diseases. Bring a friend!

Tuesdays, Wednesdays, Thursdays, Fridays: 8:30 - 10:30 AM
(Not available on Monday mornings)

FREE

There will be no indoor walking available when Town Hall is closed.

Walking may be cancelled due to special events, program changes, and/or reasons beyond the control of the Parks and Recreation Department. We will make every attempt possible to keep at least half the gym available for walkers; however, there may be times when the gym is not available. We apologize in advance for any inconvenience this may cause.

Fun-n-Fitness

An invigorating class that gets you off on the right foot. Improve stamina, strength, muscle tone and cardiovascular fitness. Bring a set of hand weights.

Instructor: Sandy Rovelli

Location: Senior & Disabled Center Auditorium

Fee: Tuesdays: \$42 for residents
\$52 for non-residents
Thursdays: \$42 for residents
\$52 for non-residents

Code:	Time	Dates
1050401-A1	10:20 - 11:20 AM	Tuesdays, March 28 - June 13 (12 classes)
1050401-B1	10:20 - 11:20 AM	Thursdays, March 30 - June 15 (12 classes)

Register for both classes and SAVE \$5!

Residents: \$79! Non-Residents: \$99!

Zumba Gold

A perfect class for active older adults - or anyone who is looking for a modified class that recreates the original Zumba moves at a lower intensity. The class introduces easy-to-follow choreography that focuses on balance, motion, and coordination. It will also burn calories, increase metabolism, relieve stress, and probably be the most fun 45 minutes of your day! You and your new Zumba friends will enjoy rhythms such as Salsa, Merengue, Cha-Cha, Swing, and more! Participants should wear comfortable clothing and appropriate footwear for a dance/exercise class and bring water. Come ready to sweat and expect to leave empowered and strong!



Instructor: Mary Woods

Location: **Monday class** held at Mortensen Community Center Gymnasium.
Friday class held at Senior & Disabled Center Auditorium, EXCEPT on Friday, 4/28 class will be held at Mortensen Community Center Gymnasium.

Fee: Monday class: \$40 for residents / \$50 for non-residents
Friday class: \$44 for residents / \$55 for non-residents

Code:	Time	Dates
1050402-A1	9:00 - 9:45 AM	Mondays, March 27 - June 12 (10 classes, no class 4/10, 5/29)
1050402-B1	10:00 - 10:45 AM	Fridays, March 31 - June 16 (11 classes, no class 4/14)

Fitness Clinics for Older Adults

Participants will learn how to utilize the fitness equipment and safety procedures in the Fitness Center located within the Senior & Disabled Center. This class is required in order to use the Fitness Center. **Participants must register at the Senior & Disabled Center main office.** Registration is no longer accepted by the Parks and Recreation Department. For information about becoming a Senior & Disabled Center member, please call 860-665-8778.

Instructor: Sandy Rovelli

Location: Senior & Disabled Center

Fee: \$15 for residents / \$18 for non-residents

Dates	Time
Tuesday, March 14	11:30 - 1:30 PM
Tuesday, April 11	11:30 - 1:30 PM
Tuesday, May 9	11:30 - 1:30 PM
Tuesday, June 13	11:30 - 1:30 PM



Fitness Center at the Senior & Disabled Center

Programs for Older Adults...

Gentle Yoga

This is a very gentle yoga class with a focus on awareness, alignment and breathing as well as stretching and strengthening - suitable for anyone who wants to practice very gently: seniors, people recovering from illness, or others who want an easeful practice. Great for reducing stress and increasing awareness. Each class will begin and end with a brief meditation. Please bring a sticky mat to each class.

Instructor: Cynthia Wolcott

Location: Mortensen Community Center Romano Room

Fee: Tuesdays: \$53 for residents / \$66 for non-residents

Thursdays: \$53 for residents / \$66 for non-residents

Code:	Time	Dates
1050404-A1	10:00 - 11:00 AM	Tuesdays, March 28 - May 30 (10 classes)
1050404-B1	10:00 - 11:00 AM	Thursdays, March 30 - June 1 (10 classes)

Register for both classes and SAVE \$5!

Residents: \$101! Non-Residents: \$127

T'ai Chi for Older Adults

T'ai Chi is one of the most effective exercise systems for mental and physical well-being. Emphasis is on breathing and the use of fluid, graceful and gentle movements. T'ai Chi releases tension, deepens relaxation, improves balance, increases bone density and develops muscle tone. Its gentleness is especially suitable for the elderly and people rehabilitating from illness or accident.

Instructor: Ken Zaborowski

Location: Senior & Disabled Center Rooms A & B

Fee: \$50 for residents / \$62 for non-residents



Code:	Class	Time	Dates
1050403-A1	Beginners	9:00 - 9:45 AM	Mondays, March 27 - June 12
1050403-A2	Intermediates	10:00 - 10:45 AM	(11 classes, no class 5/29)

Oil Painting for Beginners

Have you always wanted to try your hands at painting but didn't know where to start? This is the class for you! All new students will follow step by step demonstrations on painting Spring Flowers. These week to week classes are specifically designed for the beginning painter with simplified and basic instructions which will produce beautiful floral paintings. Returning students may continue with their own guided projects. Please call the Parks and Recreation Department at 860-665-866 for a supply list prior to the first class. Wearing a smock or old clothes is suggested.



Instructor: Fran Judycki

Location: Senior & Disabled Center Arts & Crafts Room

Fee: \$90 for residents / \$110 for non-residents

Code:	Time	Dates
1050201-A1	9:15 - 11:45 AM	Tuesdays, April 4 - June 6 (10 classes)



Golfing at Indian Hill Country Club

Did you know that resident seniors can play for free on Monday at Indian Hill Country Club? For more information, please call Indian Hill directly at (860) 665-7817.

See page 15 for more information on resident card fees, play times for residents and Indian Hill's 2017 golf rates.

Savings at Stanley

Newington residents, tax payers, property owners, as well as those who work in Newington are now eligible for discounted greens fees at Stanley Golf Course in New Britain.

For more information and prices, please visit www.stanleygolf.com or call the Stanley golf shop at (860) 827-8570.



Car Wash

**Separate business
at the Shell Station
295 Main Street
Newington, CT**

**Use Promo Code:
71517**

Newington Parks and Recreation Department

Building a Strong Community

2nd Annual

Motorcycle Madness

Pre-register for the event BEFORE May 11, 2017
and have your name entered into our raffle
with prizes valued over \$500!
Please visit, www.newingtonct.gov
for more information

Thursday, May 18, 2017

5:30 - 9:00 PM

Mill Pond Park, Newington

Rain Date: Thursday, May 25, 2017

General Admission: \$5
Bike Show Contest Entry: \$10

*Proceeds to Support the 2017
Life. Be in it. Extravaganza Fireworks*



Prizes for:

Mayor's Award
Perfect Paint Award
Terrific Tank Award
Crazy Chrome Award
Sponsors' Choice Award

live music featuring "Savage Brothers" * contests * food trucks * beer & wine garden

Gold Sponsor



Haymond Law
Firm for injured people

Silver Sponsor

GEICO
Local Office
860-667-0877

Bronze Sponsor

**WEST HILL AUTOMOTIVE
TRUCK AND TRAILER
SERVICES INC.**



**AUTO / TRUCK
REPAIR . AUTOBODY . TOWING
860-523-9075**

NEWINGTON WEST HARTFORD

Media Sponsor

Connecticut Cruise NEWS
The Northeast's Number One Car & Motorcycle Events Publication
www.ctcruiseneews.com